

# CELEBRATION OF WELLNESS

Celebration  
Pediatrics



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## Bees and Spiders and Ticks...Oh My!

By Nina Cavalli, MD, FAAP



With the warmer months coming in Florida, that means more outdoor time. And with that comes more encounters with the creepy crawly bugs in our backyards. If your child gets stung or bitten by an insect, you want to make them feel better soon. A big hug, soap, and water are usually enough to manage most situations. But if symptoms persist, here are a few additional options to try.

### Bee Stings

If your child is stung by a bee (or wasp, yellow jacket), they will likely have pain at the site and some itchiness, redness, and possible swelling. Symptoms may last a couple of days.

Here's what to do for a sting:

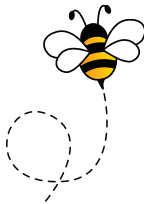
- ✓ Promptly remove the stinger if it's sticking out of their skin. The longer it stays in, the more toxin releases, which can worsen symptoms.
- ✓ Wash the area to reduce the risk of infection.
- ✓ Apply ice, which can help minimize pain and swelling.
- ✓ Use calamine lotion or hydrocortisone cream to ease itching.

If swelling persists, give your child an over-the-counter antihistamine like Benadryl. An over-the-counter pain reliever like acetaminophen or ibuprofen also helps.

In rare cases, stings may lead to anaphylaxis, a severe allergic reaction. Signs of an allergic reaction include:

- Hives
- Restlessness or anxiety
- Rapid pulse
- Swelling (face, throat, or mouth)
- Wheezing or difficulty swallowing
- Dizziness or loss of consciousness

If your child develops any of these symptoms, seek medical help immediately.



### Spider bites

Spiders can bite, but most spider bites are harmless and will improve without any special treatment. Washing the site with soap and water is usually sufficient.

If the bite hurts, you can also apply an ice pack to numb it. An age-appropriate dose of over-the-counter pain medication may also be helpful.

Some spider bites can be more serious, but these are rare.

The black widow and brown recluse spiders are of greater concern. These spiders can be found in the Southern United States. Symptoms may include:

- Swelling
- Fluid-filled blister (brown recluse only)
- Increasing pain and stiffness
- Chills
- Fever

Call your pediatrician immediately if your child has any of the above symptoms. If the bite is on your child's arm or leg, elevate it while seeking medical advice. Allergic reactions are rare but require immediate attention.



Bug bites and stings can be scary, but most only cause temporary discomfort. Severe reactions are rare. Children are usually back to normal before you know it. Contact your pediatric office if you have further concerns or questions!

To read the full article, please visit our website at [celebrationpediatrics.com/news-and-updates/](https://celebrationpediatrics.com/news-and-updates/).



## Provider Spotlight



Cristina Johnson, MSN, APRN, FNP-C, is a board-certified family nurse practitioner passionate about caring for and treating children of all ages. Cristina is passionate about newborn care and the growth and development of children. *"I love treating all my pediatric patients, especially when I see them from the very start at their newborn visit and watch them grow. My heart grows every time I see my patients develop into amazing children ready to make a stamp in this world."*

## Celebration Pediatrics: Well Child Visits

Well-child visits are essential to ensure necessary preventative care, track your child's growth and development, and establish a strong relationship with your pediatrician.

To schedule an appointment, please call us at 866-595-5113.

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CELEBRATION: 1530 Celebration Boulevard • 301 • Celebration, FL 34747  
WINTER GARDEN: 1997 Daniels Rd • Winter Garden, FL 34787  
(866) 595-5113 • [www.celebrationpediatrics.com](https://www.celebrationpediatrics.com)



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